

# Hanford Reach

Hanford Site Employee News

May 19, 2003



The team that is building Hanford's Waste Treatment Plant Project Pretreatment facility has installed the project's first vessel that is regulated under the project's Dangerous Waste Permit. Construction crews safely hoisted the vessel with a crawler crane and gently lowered the stainless-steel vessel onto supports in the base of a reinforced-concrete pit in the building's basement.

## DOE approves construction plan for WTP

### Pace maintained on WTP construction

The Bechtel National-led Waste Treatment Plant Project's engineering, procurement and permitting teams continue preparing design packages and materials for the field, even as skilled construction craft workers turn those accomplishments into visual progress in Hanford's 200 East Area.

The WTP Project engineering and construction crews have come together to complete more than 967,000 cubic yards of earthwork and place more than 42,700 cubic yards of concrete. Those concrete structures include more than 12,340 tons of reinforcing steel and more than 346 tons of embeds. Workers have also installed some 77,600 feet of electrical raceway, more than 76,200 feet of piping and about 36 tons of heating, ventilation and air-conditioning ductwork.

U.S. Deputy Secretary of Energy Kyle McSlarrow announced on May 8 that DOE has authorized both a new construction plan for the Waste Treatment Plant at the Hanford Site, and the go-ahead for the department's Office of River Protection to proceed with its construction, subject to congressional notification.

The construction of the redesigned and improved facility will play a major role in the cleanup of tank waste 18 years earlier than originally scheduled.

"This action keeps Secretary Abraham's commitment to accelerate cleanup at Hanford," said McSlarrow. "The site takes another step forward with the full construction of the Waste Treatment Plant. Under our accelerated cleanup project, Hanford cleanup will occur more than 30 years ahead of schedule, and this plant will play an integral role in that effort."

Accelerating the cleanup of Hanford was set in motion with an agreement reached between DOE and Washington Governor Gary Locke. Washington was the first state to sign an accelerated cleanup agreement with DOE.

In July 2002, DOE approved limited construction of the WTP, which allowed ORP's construction contractor, Bechtel National, to meet a Tri-Party Agreement milestone and begin building the foundations and below-ground structures for the three large facilities that make up the WTP complex.

*Continued on page 2.*

## DOE approves construction plan for WTP, cont.

After the plant is completed and commissioned in 2011, it will separate and process both high-level and low-activity radioactive tank waste. The plant will vitrify the entire high-level fraction by 2028. A combination of WTP vitrification and supplemental technologies is planned for treatment of the low-activity wastes, allowing completion of the mission by 2028.

“This is a significant step forward for tank waste cleanup at Hanford,” said Roy Schepens, ORP manager. “We’ve received approval to construct a resized and reconfigured treatment plant that will support tank waste cleanup 18 years earlier than we originally projected.”

The original plan for the WTP called for a two-phased approach with an initial plant employing one high-level waste melter and three low-activity waste melters. In phase two, starting in 2018, a second high-level waste melter would be installed and a new facility to house three additional low-activity waste melters would be constructed. The phase-two facility would complete the vitrification of Hanford’s 53 million gallons of tank waste by 2046.

The updated plan employs a multifaceted waste-treatment approach using a single WTP with two high-capacity, high-level waste melters, two higher-capacity low-activity waste melters, and supplemental treatment technologies to treat the remaining low-activity tank waste. In addition to the substantial increase in melter capability, plant improvements include an enhanced on-site analytical laboratory and the addition of a training simulator.

“We’re moving forward with a solution that matches treatment to the character of the waste, and allows us to finish the job with a single, highly capable WTP,” said Schepens. “Installing the second high-capacity, high-level waste melter provides the fastest, surest way to treat the tank waste by the 2028 Tri-Party Agreement date. The original phased approach simply took too long to get the job done.”

As design and construction of the more-capable WTP continues, DOE is evaluating bulk vitrification, steam reforming and containerized grout for supplemental treatment of most of the low-activity tank waste. Each of the supplemental technologies has been successfully used in other applications but has not yet been tested with Hanford tank waste.

“Nearly 90 percent of the inventory in Hanford’s tanks is low-activity waste containing hazardous chemicals and water, with low levels of radioactivity,” said Schepens. “Some of the low-activity waste is well suited for vitrification and it will go through the treatment plant. We’re evaluating the supplemental technologies, and we should know in about 18 months if we can use one or several to treat the low-activity waste that isn’t so well suited for the WTP.”

The authorization for full construction included a revised cost for the WTP, and adds management controls to the BNI contract. “An external independent review team has reviewed and validated the WTP cost and schedule,” said Schepens. “To safeguard against additional cost growth and potential schedule impacts, ORP has placed additional management controls in the Bechtel contract prior to moving to full construction of the WTP.”

A report to Congress regarding the revised WTP cost is being prepared.

To date, BNI has excavated more than 900,000 cubic yards of soil, placed 34,000 cubic yards of concrete and 10,000 tons of rebar, and installed nearly 26 miles of piping and conduit as construction of the WTP continues. The first installment of structural steel above grade is expected to occur in August, two months ahead of the Tri-Party Agreement milestone.

“This will be an exciting year for construction of the WTP,” said Schepens. “With the approval for full construction, we’ll start to see these facilities come out of the ground at Hanford.” ■

## Picture Pages



**RECOGNIZED FOR HEROISM:** At a recent meeting of the Presidents' Zero Accident Council, Darrell Northrup (left) of Fluor Hanford's Plutonium Finishing Plant receives the Presidents' Lifesaving Award from Fluor Hanford President Dave Van Leuven. At a chili-feed fundraiser held in February in the 234-5Z lunchroom, Northrup recognized that a co-worker was choking, and successfully performed the Heimlich maneuver. The award is given by PZAC for "selfless acts of courage on and off the job."



**AMAZING EXPO:** The Hanford Health and Safety Expo, held May 6-8, at the Trade, Recreation and Agricultural Center in Pasco, attracted more than 30,000 visitors to 135 booths and daily

demonstrations. Among the visitors were more than 1,000 students from area schools who attended Expo to see the vehicle accident demonstration put on every year with the help of local law-enforcement agencies, the Hanford Fire Department, the Franklin County Coroner and the MedStar Helicopter Service. The demonstration portrays a vehicle accident involving a driver under the influence of drugs or alcohol in which one person is killed and others are injured. Other exhibits and demonstrations presented health and safety ideas for the home or

showcased outstanding safety practices or accomplishments at Hanford facilities. This year, Expo was held in conjunction with the Voluntary Protection Program Association Region 10 meeting at the Red Lion in Pasco.

*Photos continued on page 4.*

## Picture Pages

**A NATIONAL MEDIA PERSPECTIVE:** John Seigenthaler, MSNBC and NBC news anchor and correspondent, met with members of the Department of Energy and Fluor Hanford Communications teams while on a personal visit to the Mid-Columbia region last week. Seigenthaler and his wife Kerry Brock (above), a Pasco native with 20 years of TV news reporting experience, shared their perspectives on the Hanford Site's image in the media.





# Henschel succeeds Naventi at WTP Project

Jim Henschel, a senior vice president of Bechtel National, Inc., will assume the role of project director for the design and construction of the Department of Energy's Waste Treatment Plant at Hanford. Henschel replaces Ron Naventi, also a Bechtel National senior vice president, who has been managing the Waste Treatment Plant Project since the award of the contract in December 2000. Naventi will be returning to the Bechtel home office in San Francisco to take a senior position with Bechtel Systems and Infrastructure, Inc.

Henschel has 29 years of Bechtel experience managing large, complex, one-of-a-kind projects. His experience ranges from engineering, constructing and licensing nuclear power plants to developing gas fields in Algeria and constructing one of the world's largest oil-fired power plants and seawater desalination plants in Saudi Arabia.

Henschel's Hanford appointment is effective June 2. He is currently executive vice president and general manager of Bechtel's Pipeline Business Unit, responsible for more than 4,000 employees working on pipeline projects worldwide. He has also served as project manager for a number of Bechtel Power Corporation projects. ■



**New Waste Treatment Plant Project director Jim Henschel, left, toured the construction site last week with construction-site manager Joe Dougherty. Henschel takes over the WTP Project June 2.**

# Normal work resumes after Ecology order suspended

As a consequence of an administrative order issued by the Washington State Department of Ecology on April 30, the Department of Energy - both the Richland Operations Office and the Office of River Protection - directed all Hanford contractors to stop any operations that would either generate new mixed waste that cannot be treated within a year or that would add to the backlog of untreated waste.

That stop-work order affected operations at the Plutonium Finishing Plant, the analytical laboratories, the Waste Encapsulation and Storage Facility and other facilities. Some tank pumping and some work at the K Basins were affected as well, but the stabilization of plutonium at the Plutonium Finishing Plant was the only project that was totally halted.

After a meeting between DOE and state officials, however, Ecology announced early last week that it was granting a 30-day suspension of a portion of the administrative order, allowing normal operations to resume. The 30-day suspension ends June 13.

"We are using this time to continue to evaluate the long-term impact of the administrative order on our operations," said Fluor Hanford President Dave Van Leuven in a message to employees, "and we will support the Department of Energy as they continue to work with the state to come to a mutually acceptable agreement." ■

# Fluor Hanford Groundwater Protection Program delivers

Karin Nickola, *Fluor Hanford*

In 2002, the U.S. Department of Energy developed the *Performance Management Plan for the Accelerated Cleanup of the Hanford Site*. The plan draws on recommendations from DOE's environmental-management "Top-to-Bottom Review" conducted early in 2002, and on ideas emerging from a yearlong process by the "C3T" (Cleanup, Constraints and Challenges) Team made up of representatives of DOE, the U.S. Environmental Protection Agency, the Washington State Department of Ecology and contractors.

The plan comprises six initiatives, driven in part by the need to protect Hanford's groundwater. Most importantly, it calls for eliminating by 2012, rather than 2024, those conditions of highest risk to further contaminate the groundwater. In each case, the initiatives identify work required by the Tri-Party Agreement, and invest additional resources in those projects to achieve early completion.

Fluor Hanford's Groundwater Protection Program, established in mid-2002, champions Initiative 6 — which calls for actions to "Accelerate Groundwater Cleanup and Protection." The program focuses on specific cleanup activities based on years of study. Many of the cleanup activities take place on Hanford's central plateau, where remediating high-risk waste sites like those found in the U Plant area is a high priority.

## U Plant risks

The U Plant and the Uranium Oxide Plant, in the southwest corner of the central plateau, were used to recover uranium from tank waste and produce uranium oxide, which was shipped off site for reuse. These processes created liquid waste containing high concentrations of uranium and technetium-99 that was discharged to the soil through engineered structures such as cribs and trenches in the U Plant area.

Today, elevated levels of both uranium and technetium-99 are present in Hanford groundwater in the U Plant area at concentrations that exceed regulatory limits. Data also suggest only a portion of the inventory has migrated into the groundwater, while the majority of the contaminants still reside in the soil called the vadose zone, between the top of the water table and the ground's surface. Preliminary investigations indicate that installing engineered caps (also called surface barriers) over the tops of waste sites that may continue to contaminate groundwater will reduce the release of contaminants to the water table.

## Accelerating cleanup

Cleanup work in the U Plant area will be based on a "geographic closure" concept. With workscope shared by the Groundwater Protection Program and the Central Plateau Remediation Project, the plan for accelerated cleanup activities calls for the following order of priorities:

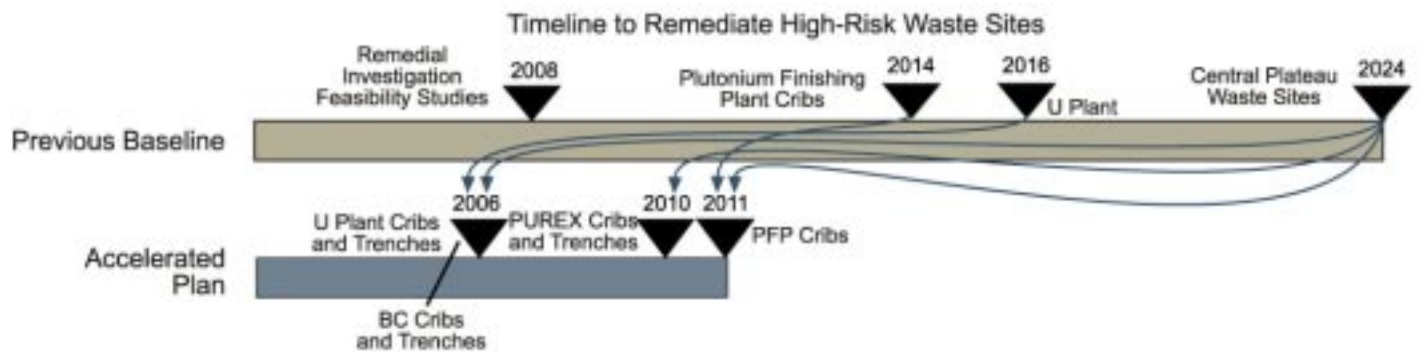
- Waste sites where contamination was released to the soil
- Pipelines connecting waste sites to process facilities
- Major process facilities
- Ancillary buildings
- Groundwater remediation.



In the U Plant area, elevated levels of uranium and technetium-99 are present in the groundwater.

*Continued on page 8.*

## Fluor Hanford Groundwater Protection Program delivers, cont



As shown in the comparative timelines (see above), under the Groundwater Protection Program's accelerated plan, much of the cleanup work at U Plant will be completed by 2006, rather than 2016.

### Fluor steps up

Fluor Hanford's Ron Jackson leads waste-site remediation efforts toward closing the U Plant area. His team has already drafted a *Focused Feasibility Study for U Plant Closure Area Waste Sites* and a *Proposed Plan for U Plant Closure Area Waste Sites*.

When released in June to regulators, tribal nations and the State of Oregon for review, documents will follow a timesaving "CERCLA integrating RCRA" path. CERCLA and RCRA are the Comprehensive Environmental Response, Compensation and Liability Act of 1980 and the Resource Conservation and Recovery Act of 1976. By mid-August, the Groundwater Protection Program plans to begin incorporating comments generated by these reviews into the study, and the plan will be released for general public review by Oct. 1. Once a record of decision is in place, CERCLA requires cleanup to begin within 18 months. The Groundwater Protection Program will start its efforts much sooner, to support accelerated cleanup deadlines.

According to Jackson, having a vision and associated "roadmap" for getting there are paramount to Fluor Hanford's accelerated groundwater cleanup and protection plan.

"As director of the Groundwater Protection Program, I have called upon my Fluor Hanford staff members to work with Pacific Northwest National Laboratory, tank-farm and Environmental Restoration Contractor team members as well as representatives of DOE, the regulatory agencies, tribal nations, stakeholders and the general public to define end states and move as rapidly as possible towards them," said Fluor Hanford's Dick Wilde. "In every decision we make, we consider the bottom line — does the action protect groundwater? Does the action move us closer to closure?"

As an example, Wilde pointed to past pump-and-treat technology, which has

*Continued on page 9.*



## Fluor Hanford Groundwater Protection Program delivers, cont 2

been used at Hanford high-risk waste sites to remove contaminants from groundwater but does not represent an appropriate final remedy. "By eliminating sources, contaminant migration will cease and the need to pump and treat groundwater will come to an end — which will benefit the environment and free up cleanup dollars to be used elsewhere," he said.

### More about the program

The Groundwater Protection Program's cleanup master plan can be found in *Hanford's Groundwater Plan: Accelerated Cleanup and Protection*. The document has been formally transmitted by Fluor Hanford to DOE-RL and is accessible through the Groundwater Protection Program's new Internet Web site at [http://www. hanford.gov/cp/gpp/](http://www.hanford.gov/cp/gpp/) under "Program Library."

"The groundwater plan developed by Fluor Hanford provides a realistic and practical approach to the groundwater issues on the Hanford Site," said DOE-RL program lead John Morse. "It is a tremendous effort by Dick Wilde and the Groundwater Protection Program team and will serve as a living document and roadmap for the accelerated cleanup and protection of groundwater at Hanford." ■

# Projects recognized for environmental stewardship

Deborah Dunn, Fluor Hanford

The Spent Nuclear Fuel Project was declared the winner of the Fluor Hanford 2002 Environmental Stewardship Award, winning in a close competition among four Hanford Site projects. Donna Busche, Fluor Hanford vice president of Regulatory Compliance, cited SNF's environmental compliance and cleanup as she presented the second annual award at the May 8 Presidents' Zero Accident Council meeting. The meeting was held at the Trade, Recreation and Agricultural Center during the Hanford Health and Safety Expo.

Environmental Stewardship Merit Awards were presented to the Central Plateau Remediation Project, the Mortar Lining Project and the Plutonium Finishing Plant.

## The review process

Selection criteria covered input from environmental regulators and Department of Energy Richland Operations Office project managers; recordable spills, releases and exceedences; waste sent to the 400 Area recycling center; responsiveness to environmental corrective actions; and significant accomplishments.

This year, award applicants hosted the nomination review committee at their facilities for tours and presentations. This approach to award evaluation allowed project employees to demonstrate their understanding of environmental hazards, Automated Job Hazard Analysis reviews, and waste-minimization/waste-management accomplishments.

According to the judging panel, each of the projects rated well with their regulators and DOE-RL, and made significant efforts to minimize waste and excess materials. Three of the four had no recordable spills or releases in 2002.

## The SNF Project

Spent Nuclear Fuel Project Environmental Compliance officer Dave Watson said the project's primary cleanup accomplishments were the removal of 730.5 metric tons of spent nuclear fuel from underwater storage near the Columbia River shore into safe, dry, long-term interim storage on the Hanford central plateau, and constructing the sludge-removal system for the K East Basin that progressed to 95 percent of completion in 2002.

The SNF project has been operating since February 1994 to provide safe, economical and environmentally sound management of the Hanford Site's spent nuclear fuel and to prepare the irradiated fuel for long-term storage and final disposition.



SNF workers test a large-diameter container for K Basins sludge removal.

*Continued on page 11.*

## Projects recognized for environmental stewardship, cont.

### The CP Project

The Central Plateau Remediation Project demonstrated environmental stewardship in 2002 by saving nearly 1,000 cubic meters of landfill space through recycling or reusing 25 metric tons of materials — much of it large equipment. Its Equipment Disposition project also conserved tax dollars, saving an estimated \$1.1 million in disposal costs by finding other uses for the excess equipment.

Removing spent nuclear fuel from the 324 Building near the Columbia River and Richland to the 200 Area Interim Storage Area on the central plateau reduced environmental and public risk and was accomplished seven weeks early.

In addition, the project made significant strides in regulatory efficiencies and in streamlining requirements, according to a staff presentation led by Jon Perry.



**Central Plateau found a new use for this waste box (and railcar) as a grout form for Category 3 waste.**

### The Mortar Lining Project

Dan Danch of Site Services Project Support Services said the Mortar Lining Project demonstrated a new technique for extending the life of old water pipes by 50 years. The technique involves cleaning them and then using a thin grout material to line the insides of drinking-water lines. The mortar-lining process avoids the costs, risks and solid-waste disposal associated with removing and replacing pipes. It will save tons of metal piping from being discarded. It also maintains the integrity of the drinking-water lines and protects the groundwater from leaks that could move contaminants already in the soil toward the groundwater.

According to Dave Tollefson, a local business provided the mortar-lining expertise. It is one of a handful providing this method of rehabilitating underground water-distribution piping.



**Water lines both before and after the mortar lining.**

### The Plutonium Finishing Plant

Environmental Compliance officer Karl Hadley led the Plutonium Finishing Plant tour and presentation, focusing on removing excess buildings, installing a new stack probe, and cleaning up excess materials stored outside the facility. The project demonstrated waste minimization by returning unused products — 500 gallons of antifreeze, lead-acid batteries and fluorescent lamps. Among aerosol products and excess equipment recycled or redeployed were telephone poles, 100 spools of wire, metal doors and scrap metal.

Hadley said that while conducting highly technical work, the PFP staff's commitment to compliance was evidenced by the fact that they received no regulatory violations and experienced no significant releases in 2002. ■



**Tommy Honeycutt, a pipefitter assigned to PFP, removes piping and equipment, making rooms 336/337 "ready for demolition."**

# LMIT names Sprint as wireless provider

Lockheed Martin Information Technology and Sprint have signed a four-year agreement that has added, and will continue to add, enhanced cellular/personal communication services to the Hanford Site.

In a cooperative effort, LMIT and Sprint focused on offering enhanced Hanford Site coverage for both cellular/PCS and data services. This new endeavor has resulted in a robust and integrated infrastructure that offers competitive pricing and supports several of the latest wireless technologies in the industry for data integration. This new integrated cellular service is optional for Hanford Site contractors.

The new offerings include service-plan options that are directed at better meeting Hanford Site contractor business needs. Examples of new options include unlimited Sprint PCS-phone-to-Sprint PCS-phone usage, pooling minute plans, parallel ringing, voice-mail integration, data integration and vastly improved coverage across the Hanford Site.



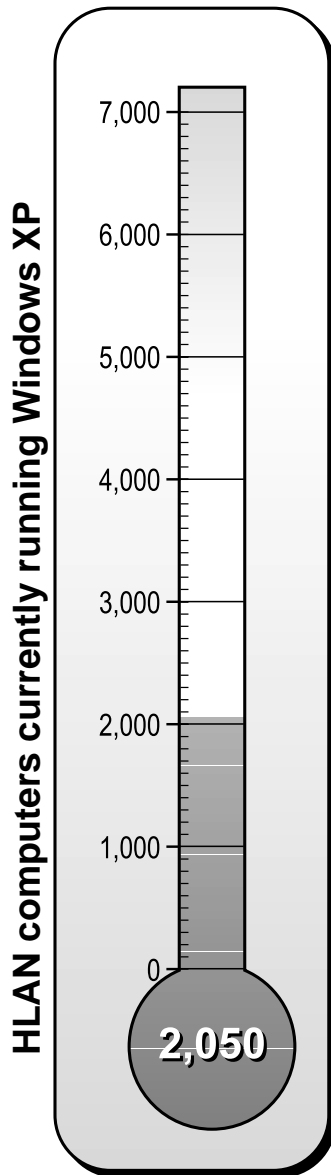
**Dave Gilbert of LMIT Procurement shakes hands with Eloy De La O, Jr., Sprint Vice President of Business Sales, after the PCS cellular contract was signed.**

Coverage now exists on site where none was previously available. Additionally, contractors can select from a number of billing plans such as stipends, which allow fixed-amount billing, and the ability to bill employees for balances above stipends. Sprint wireless has been integrated under the umbrella of existing LMIT information services so that contractors can order wireless services the same way they order phone and computer services now.

Of significance to the Hanford Site was Sprint's commitment to invest in its infrastructure and build four new towers on site to improve wireless coverage. The towers were installed in early May and currently support voice services. By July, Hanford Local Area Network services will be integrated with Sprint third-generation phones, which will give users secure access to e-mails and calendar information from mobile phones. Ongoing parallel efforts include expanding use of wireless to site applications, photo technology and streaming video.

Cellular services information is available from the LMIT Information Resource Management Web site at <http://www.rl.gov/irms>, or you may contact Michele Sauer of LMIT at 376-1210 or Christina Churchman of Sprint at 308-8145. ■

## Hanford XP Migration Project update



Office XP is one of the primary components of the XP Migration Project. It helps you complete common business tasks including word processing, e-mail, presentations, data management and analysis, and much more. Here are some new features, and ways they can work for you.

**Smart Tags:** Smart Tags are a set of buttons that are shared across the Office applications. These buttons appear automatically when you perform certain actions (such as pasting or auto-correction) to keep the relevant commands close at hand. This makes it easier for you to complete some of the most common Office tasks.

**Task Panes:** Task Panes give you easy access to your important tasks in a single integrated view. From the Task Pane, which appears on the right side of the screen, you can perform searches, open or start a new document, view the contents of the clipboard, format your documents and presentations, or even access translation and template services via the Web. Different Task Panes will appear with specific Office XP applications.

**Application and Document Recovery:** Office XP now provides you with the option of saving current files at the time an error occurs in an application. As a result, you will spend less time recreating your documents, spreadsheets, databases and presentations. It also provides a safer method for shutting down an application that is not responding. You can choose to shut down a non-responding application while initiating the recovery of the document.

**Send for Review:** Office XP gives you the tools needed to successfully collaborate on documents. When a document is sent for review (From File > Send To menu), the correct reviewing tools are automatically turned on for others to review. When the document is sent back, users can merge the changes back into the original document.

XP Project Home Page

<http://www.rl.gov/xp>

XP Application Testing Matrix

<http://www.rl.gov/xp>  
under the "APP Testing" tab

XP Project Mailbox

^Windows XP Project



# Tank Closure EIS project on target to support cleanup

A team of more than 60 people from 12 companies worked for the past four months to prepare eight documents called data packages to support the *Environmental Impact Statement for Retrieval, Treatment, and Disposal of Tank Waste and Closure of Single-Shell Tanks at the Hanford Site*. The EIS will support decisions on supplemental tank waste treatment and tank closure by the Department of Energy's Office of River Protection.

ORP and its independent National Environmental Policy Act (NEPA) contractor, Science Applications International Corporation, will use the data packages as a starting point to develop analyses and assess the alternatives. The draft EIS is scheduled for release and public comment in October. Completion of the EIS is an essential step for Hanford's cleanup mission, including single-shell tank-waste retrieval and tank-farm closure.

The data packages include information on the following:

- Inventory (what's in the tanks)
- Waste Disposal
- Safety
- No Action Baseline
- Retrieval and Storage
- Assessment Guidance
- Tank Closure
- Supplemental Treatment.

More information on this EIS can be found on the Web at: [http://www.hanford.gov/homepage/articles/Notice\\_of\\_Intent\\_010803.pdf](http://www.hanford.gov/homepage/articles/Notice_of_Intent_010803.pdf). ■

Hanford Environmental Health Foundation and Fluor Hanford are introducing "Make Your Move," a program to promote physical activity. Any Hanford Site employee with a Department of Energy security badge may participate. Call Judi Staley of HEHF at 372-0097 to register or cut out the form from the May 5 or May 12 issues of the Hanford Reach and send it to HEHF HES, H1-04. Fluor Hanford employees may register with Carol Powe at 376-8886. An information packet will be sent to you upon receipt of the registration form.

You can schedule a 45-minute "Make Your Move" safety-meeting presentation that discusses recommendations for starting an exercise program by calling HEHF Health Education Services at 373-3729.

## Make your move

# Making time for fitness isn't as hard as you think



With a little creativity, you'll find dozens of ways to increase the amount of movement in your daily routine. You know that becoming physically fit can enhance the quality and number of the years ahead. But you can't seem to find enough time to make fitness work for you.

Making time for fitness means setting priorities, sneaking extra activities into daily routines and scheduling fitness time as you would other important events.

## Making fitness a priority

Ask an expectant parent about the preferred gender of their baby-to-be. The typical answer? "It doesn't matter, as long as the baby is healthy." Health is the most precious quality we can wish for a newcomer into the world, and deciding to stay fit and healthy is our way of protecting that gift. You can become more fit by exercising just 20 to 30 minutes, three times a week. Isn't it worth your time to make fitness a priority in your life?

## Activating your daily routine

Five minutes of extra movement here and there can add up to a more active lifestyle. To activate your daily routine, try some of these tips: take the stairs when possible (or walk a few flights and then take the elevator), park your car at the far end of the parking lot, hand-deliver messages at work rather than picking up the phone, and so on. With a little creativity, you'll find dozens of ways to increase the amount of movement in your daily routine.

## Scheduling time for fitness

Schedule your fitness time as you would an important meeting. Many business people have traded the "business lunch" for an exercise session at the gym. Why not mix business with pleasure? Take a brisk walk during your lunch hour or, instead of a coffee break, try a stretch break. Rather than joining friends for drinks after work, get together for a game of softball, racquetball or a vigorous hike. Whatever you do, stick to that scheduled activity.

## There's no time like the present

There's every reason to do something good for yourself by making fitness one of your daily priorities. By setting aside just 20 to 30 minutes three times a week for vigorous activity, and by sneaking extra activity into your daily routines, you can become fitter, happier and more productive. Why not start right now?

This Thursday, May 21, is National Employee Health and Fitness Day. It's a perfect time to make the commitment to incorporate physical activity into your daily life. Organize a group walk at lunch or do a few stretches before starting your meeting. ■

# Resources are available to cope with change on the job

Shaanti Lawrence and Kathy King, *Hanford Environmental Health Foundation*

Recent layoffs, reorganizations and other changes at Hanford may have caused increased worry for many Hanford employees. You may have been laid off or you may worry about being laid off in the future. As a manager or coworker, it may have been stressful to watch an employee lose a job.

People who do not cope well with job loss believe, "I am what I do." They feel pessimistic and hopeless, believing they will not find another job or that things will be worse in any other job they might find. They do not have many outside interests and activities. Furthermore, they avoid social situations or conversations with family. These people tend to feel bored, do not know what to do with their time, and feel alone in their struggle to cope with being laid off.

People who survive layoffs often feel insecure that they, too, will be laid off soon. It is also common to feel guilty that they were not laid off, angry about the company decisions that were made or even depressed about the changes that occurred. Many people harbor worries about being laid off but do not want to "burden" family members with their concerns.

There are a number of things you can do to cope with either being laid off or fearing you will be laid off in the future. First of all, do not forget to take care of yourself. Make sure you take a lunch break, eat nutritious meals, exercise and get enough sleep. Feelings of stress can multiply when you neglect yourself. Your performance also suffers, which can add to your level of stress.

It is also very important to stay connected with family, friends, co-workers and other supportive people in your life. Speaking with family, for instance, may allow you to gain an accurate understanding of your true financial situation and whether the family can help cut expenses if needed. Co-workers may be able to provide constructive criticism as well as support.

Family, friends and co-workers may be unable to give you support or objective advice. Professional counseling may be an important resource. Hanford Environmental Health Foundation Behavioral Health Services provides confidential, personal counseling for you or your family members. We have helped Hanford workers cope with job loss; anxiety about job stability; and feelings of anger, guilt and sadness related to job changes.

We can also help workers identify their interests through career testing and meet their potential through personally tailored advice on how to reach personal and professional goals.

Eligible Hanford employees may have up to eight free sessions. Services are provided by Dan Lowe, Ph.D., Shaanti Lawrence, Psy.D., and Kathy King, Academy of Certified Social Workers. Call 376-4418 for eligibility for services and more information. ■

# **Skills Lab offers Painless Punctuation session June 6**

Do you often struggle with proper punctuation? Do your documents suffer from chronic — and possibly terminal — cases of comma-itis? Do you abuse apostrophes? Are your e-mail messages, memos and reports a hodgepodge of sentence fragments and comma splices? Don't despair! Help is on the way!

Reserve your seat now for "Painless Punctuation," an information session to be presented Thursday, June 6, from 7:30 to 11:30 a.m. It will be held in room 31 of the Administration Building at the Volpentest HAMMER Training and Education Center. There is no charge for this seminar, but space fills quickly, so you must make a reservation by calling Kathy Dechter at 376-3250.

"Painless Punctuation" is the first in a series of writing-improvement sessions offered in June and July by the Skills Enhancement Lab at HAMMER. "Goof-Proofing Your Grammar" will be presented on Thursday, June 19, from 7:30 to 11:30 a.m. Two sessions of "Successful Business and Tech Writing" are scheduled from 7:30 to 11:30 a.m. on Thursday, June 26, and on Thursday, July 17. All seminars will meet in room 31 of the Administration Building at HAMMER. ■

# Take this week's Security Ed Challenge



Hanford Patrol personnel validate entrance approval and conduct vehicle inspections at three barricades controlling access to the center of the Hanford Site.

Which barricade restricts the entrance and exit of trucks that are larger than one ton?

- A. Wye barricade
- B. Yakima barricade
- C. Rattlesnake barricade
- D. All barricades

Reference: SAS Intranet (Barricades) at <http://apweb02.rl.gov/rapidweb/phmc/sas/index.cfm?PageNum=64>.

Do you know the answer? Send an e-mail message with the barricade that limits truck size (indicate "Ed's Barricade Challenge" in the subject line) to C. E. (Chet) Braswell, or clip this article, circle the correct answer, add your name and HID number, and send your response to Security Education at L4-09. Prizes will be awarded to randomly drawn correct entries. The names of prizewinners and the correct answer will appear in a future *Hanford Reach* article.

Submitted By \_\_\_\_\_ Hanford ID No. \_\_\_\_\_

Mailstop \_\_\_\_\_

If you have any challenges you would like Security Ed to consider, e-mail them to Security Ed at ^Security Ed or send them by plant mail to Security Ed at L4-09.

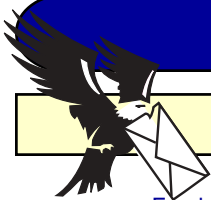


**Congratulations to Jo Haberstok of Fluor Hanford, the winner of the May 5 Security Ed Challenge. Haberstok won a wireless travel alarm for correctly identifying that there are two primary topics at Hanford that have a high probability of being classified: details concerning special nuclear material and details concerning Safeguards and Security.**

If you are interested in learning more on classification, please go to the Project Hanford Management Contract Classification Desk Top Reference at <http://apweb02.rl.gov/rapidweb/phmc/sas/index.cfm?PageNum=102>.



# Regular Features



## LETTERS

Employees are invited to write letters of general interest on work-related topics. Anonymous letters will not be printed. We reserve the right to edit letters or not to accept letters for publication. Send your letters to the *Reach*, B3-30, or to \*Hanford Reach on e-mail. Letters are limited to 300 words, and must include your name, company, work group and location. Opinions expressed are those of the author and not of DOE-RL, ORP or their contractors.

### Grateful for co-workers' help

During the night of May 6, while working at the Canister Storage Building where I am employed as a nuclear chemical operator, I had a medical emergency.

My wife is severely ill with breast cancer and recently I have been experiencing angina attacks that I simply wrote off as stress-induced anxiety. But last night I experienced an attack that was quite severe in its length and pain. I was working on the control deck of the multicaster-overpack-handling machine and the pain was so severe that I needed assistance in standing and walking.

The response from the mixed crew of nuclear chemical operators, process crane operators, health physics technicians, riggers and shift management was, in my view, worthy of high praise and commendation from upper management. This diverse group of people retrieved me off of a crane and out of a radiological buffer area and into the shift office, while Steve Carter, the shift operations manager, contacted 911. He was in constant communication with them, describing my symptoms.

The emergency medical technicians were guided to my location by employees who were placed at strategic points in the compound to guide them directly to me. I am especially grateful to Lea McKinnis, the operations engineer who stayed with me throughout the entire ordeal, giving me encouragement and directing the actions of other responders.

I was treated by the Hanford Fire Department's highly trained and professional EMTs on scene and transported to Kadlec Medical Center, where eventually I was cleared and released. McKinnis transported me home and told me she would take me to work on our next shift since my car was still at the CSB.

I wanted to share this experience with you to show what a well-trained and dedicated group of people we have employed at Hanford. They are assets to the CSB

and to the Hanford Fire Department.

**Tim Thompson**  
*Fluor Hanford*

**Editors' note:** Fluor Hanford President and Chief Executive Officer Dave Van Leuven adds this comment regarding Thompson's letter: "Tim Thompson shared his experience with me through a personal e-mail on May 7. Taking the time to publicly say 'thank you' and praise fellow workers and the Hanford Fire Department for their immediate response is indicative not only of Tim's character as a person, but also of the far-reaching benefits of teamwork, training, VPP and ISMS. I echo Tim's sentiments, and thank everyone involved for their personal responsiveness and professional handling of a situation that could have compromised someone's life. I am proud that they are members of our Hanford team."



## NEWSBRIEFS

### HAB has opening for a non-union, non-management employee

The Hanford Tri-Party agencies (the U.S. Department of Energy, the U.S. Environmental Protection Agency and the Washington State Department of Ecology) are seeking applications or nominations for one non-union, non-management employee position on the Hanford Advisory Board. The HAB provides advice and recommendations to the Hanford Tri-Party agencies on issues relating to the cleanup of the Hanford Site.

For more information about the vacancy and application process, or about the Hanford Advisory Board, visit the Nuclear Waste Programs Web site at <http://www.ecy.wa.gov/programs/nwp/>. The applications for the non-union, non-management employee position are due June 6.



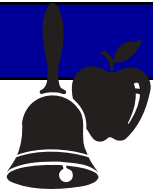
## CLASSES

### PROTRAIN offers software training

#### Primavera Project Planning (\$397 per day)

- P-3 602 — May 19
- P-3 603 — May 20
- P-3 604 — May 21

*Classes continued on next page.*



## Regular Features

### CLASSES continued

#### **Adobe PageMaker 6.5** (\$695 for both days)

- Introduction — May 29
- Advanced — May 30

#### **Upgrading to Windows XP** — May 29 (\$249).

For information, contact Sarah at 375-0414 or [sarah@protrainsys.com](mailto:sarah@protrainsys.com).

#### **NMA offers FaciliSkills™ workshops**

The Hanford Chapter of the National Management Association will host FaciliSkills™ training on June 5, 13 and 19, 7:30 a.m.-4:30 p.m. The three-day training consists of the following four workshops: “Making the Smart Connection” focuses on relationships, “The Art and Science of Self-Mastery” discusses communication, “Transformational Leadership” teaches team-building and “Logistics and Process Dynamics” covers problem-solving and decision-making skills. The workshops will be held at the Washington State University Consolidated Information Center, room 201/212. The cost is \$350. For more information or to register, visit <http://www.nma1.org/faciliskills/index.htm>, or call 1-866-294-4587. The registration deadline is May 31. The workshop is open to the public.

#### **Effective Presentations offered on June 23**

“Effective Presentations” is an eight-hour course that is ideal for anyone wanting to improve their communication skills including trainers, managers, team leaders and committee members. This course will be presented on June 23 by Joe Estey at the Hanford Training Center. The cost is \$180 per person. To register, contact Joan Howard at 946-2102 or at [jhoward@energxfanford.com](mailto:jhoward@energxfanford.com) or Lynn Collins at 946-9654 or at [lcollins@energxfanford.com](mailto:lcollins@energxfanford.com). ♦

### CALENDAR



#### **Donate blood in May**

The American Red Cross Bloodmobile will be at 2261

Stevens Drive for a blood drive on May 20 from 9 a.m. to 3 p.m. To schedule an appointment to give blood, contact Kelly Layfield at 376-6785.

#### **Toner cartridge information sessions held May 20**

U.S. Koala and Staples Business Advantage are sponsoring two information sessions on toner cartridges at 12:30-2 p.m. and 2:30-4 p.m. on May 20 in conference room 199 in 2430 Stevens. For more information or to make a reservation to attend, contact [estore\\_support@rl.gov](mailto:estore_support@rl.gov).

#### **Technical reports databases**

Learn to locate technical reports from the Pacific Northwest National Laboratory, Hanford contractors or other Department of Energy sites on Thursday, May 22, 12-1 p.m. in the Swauk Room of the NSB on the PNNL campus. The Hanford Technical Library staff will take you on a guided tour through a variety of databases that specialize in technical reports. Contact Karen Buxton at 372-7451 or at [karen.buxton@pnl.gov](mailto:karen.buxton@pnl.gov) for more information.

#### **May 30 golf tournament to benefit MDA**

Hanford Fire Department and the Muscular Dystrophy Association are holding their sixth annual golf tournament on May 30 at Canyon Lakes Golf Course in Kennewick. Proceeds from this event will help send local children with muscle disease to summer camp, provide research to find treatments and a cure, and assist in purchasing wheelchairs and leg braces. The financial commitment is vital to many children and families in our community. The shotgun start is at 1 p.m. The entry fee is \$240 per foursome and includes greens fees and cart, free range balls, prizes and steak and salmon dinner after play. For more information, call Mark Cope at 373-1475.

#### **Audubon Society sponsors ‘Winged Migration’**

The Lower Columbia Audubon Society and Sony Picture Classics present the Academy Award nominee for best documentary, “Winged Migration,” at 7 p.m. on June 6 and 7 at the Battelle Auditorium. A matinee showing will take place at 3 p.m. on June 7. Tickets for evening showings are \$5 each, with

*Calendar continued on next page.*



## Regular Features

### CALENDAR continued

children 6 and under free. The matinee showing will have tickets available at \$10 for a family or \$5 for individuals. Tickets may be purchased at the Bookworm in Kennewick and Richland or at the door.

#### Conference on plutonium will be held July 6-10

The Plutonium Futures — The Science 2003 Conference will be held July 6-10 in Albuquerque, N.M. This conference, the third in a series, will provide an international forum for presentation and discussion of current research on physical and chemical properties and environmental interactions of plutonium and other actinide elements. One hundred seventy-five papers from 11 countries and more than 60 institutions, universities and research laboratories have been submitted. Register before June 5 and save \$100. For more information and to register, visit <http://www.lanl.gov/pu2003>. ♦

driver is good, but not necessary. Picks up in reverse order in the evening. Arrives back at Desert Ice at about 5:20 p.m. Send an e-mail message to **Douglas Bailey** at [douglas\\_m\\_bailey@rl.gov](mailto:douglas_m_bailey@rl.gov). 5/12

Vanpool to 200W needs riders, 8x9s (7 a.m.-4:30 p.m.). Leaves Pasco Kmart at 5:45 a.m., stops at Road 100 at 5:55 and at the Hanford Training Center (by the Columbia Basin Racquet Club) at 6:05, then travels on Highway 240 to all stops in 200W. Call **Don** 373-2933 or **John** 373-2224. 5/19

---

### **RICHLAND**

Vanpool to 200E needs several riders, 8x9. Rate as low as \$33.50 per month. Leaves former Hanford bus lot (across from 2440 Stevens) at 6:25 a.m. and drops off at 2750-E and MO-276 (behind 2750-E). Arrives at bus lot at 5 p.m. on Mondays through Thursdays and at 4 p.m. on Fridays worked. Contact **Dave Hedengren** at 373-5094. 5/12 ♦



### VANPOOLS

Vanpool ads are run for two weeks. Ads must be resubmitted to run in subsequent issues of the *Hanford Reach*. The deadline for submission is Thursday, 10 days prior to publication.

Day and Zimmermann Protection Technology Hanford reminds employees to wear their badges. Vanpool and carpool drivers are responsible for ensuring their passengers are badged. If a passenger forgets his or her security badge, access is denied at the barricade. The individual is required to go to a badging station for a temporary badge or go home to retrieve the badge. For more information visit the Safeguards and Security Web page at <http://apweb02.rl.gov/phmc/sas>.

---

### **KENNEWICK**

Vanpool No. 97 is looking for riders, 8x9s. Rate as low as \$54.20 per month. Starts in downtown Kennewick and picks up at ShopKo at 6 a.m. and the Federal Building at 6:10 a.m. Drops off at 2750-E and 2740-HV. Contact **Mike Bryden** at 373-4624. 5/19

---

### **PASCO**

Vanpool No. 213 out of Pasco needs riders. Leaves Desert Ice, across from the Broadmoor Park Mall off of Road 100, at 6:10 a.m. Drops off at 2750-E and 2704-HV (or any place along the route). Willing to be a backup